

DISEASES OF THE SKIN

DR. PURDON

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THE CLASSIFICATION, CORRECT DIETARY,

AND

TREATMENT

OF

DISEASES OF THE SKIN,

AS PRACTISED AT THE

BELFAST HOSPITAL FOR THE SKIN

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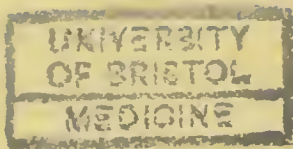
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INTRODUCTION.

THE following classification of Skin Diseases exhibits at a glance the nature of each complaint, classified according to its nature, hence we dispose of at once of any artificial system, even such as Willan's time-honoured arrangement, with its eight orders, believing it to be unnecessary, if not actually harmful, to the correct study of Dermatology. There is a *cause* for every disease of the skin. We may not always be able to find it, nevertheless the assertion is true ; and to this cause certain Pathological processes are due, giving rise to symptomatic structural lesions, occasionally even to obscurer symptoms, the connexion of which, with a definite lesion of the skin, may not be apparent. If we classify skin complaints by the nature of the structural lesion, associated with the different diseases, we would be adopting in principle the views of Willan ; whilst, on the other hand, a classification according to the Pathological processes determining such lesions, would correspond with Hebra's arrangement. As Dr. Buchanan has correctly remarked, referring to Willan's old-fashioned classification, and also to Hebra's modern one, "in both these systems, however, the cause, as an element of distinction, is over-looked. A knowledge of the cause of the disease gives generally a far more correct indication of its true nature, and, as a conse-

quence, of the best means of getting rid of it, than can be bestowed by any knowledge of the processes, lesions and symptoms, which are the mere effects of that cause." The classification of skin diseases should then be as far as possible according to their causation. If we cannot classify all in this way, owing to their causes being numerous and multiple, or even unknown, still we ought at least to group together as many as possible on the above-named principles ; hence the treatment, hitherto so complicated, will be much simplified, using only those remedies that have proved themselves worthy to be retained in the Therapeutics of Dermatology. As this *Manual* is intended to be only of the nature of a note book, I have endeavoured to inculcate the use of a rational system of therapeutics, based, as far as possible, on the knowledge of the physiological action of drugs.

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Diseases of the Skin.

(Arranged from the late Dr. Buchanan's Classification).

INFLAMMATIONS.

ERYTHEMA, { *Fugax*, from its fleeting character.
[Inflammatory blush and redness], { *Edematosum*, from its swollen character.
SIMPLEX, { *Strophulus*, red gum of infants.

CAUSE.—Generally indicates and is due to some disturbance of digestive or uterine functions.

Duration a few days; is a non-contagious complaint, characterised by slight superficial red patches occurring on face, chest, or extremities.

ERYTHEMA, { *Papulatum*, papular redness.
MULTI-FORME, { *Iris*, occurs in disks of varying colours on hands and feet.
{ *Circinatum*, red circular raised blotches.
{ *Nodosum*, oval swellings occurring on legs.

CAUSE.—Debility, both general and local, due to derangement of digestion, or uterine functions, variations of climate, gout, &c.

Erythema papulatum is round and raised, seen occasionally in acute rheumatism. *Erythema nodosum* should be more properly classed with hæmorrhages, as each protuberance has in its centre a cavity filled with blood, pains in limbs, usher in complaint. The papules of erythema papulatum when cut into are found to be caused by hæmorrhagic exudations. Dr. Bohn regards erythema nodosum as the same affection as *Peliosis rheumatica*.

Duration a few weeks. The varieties papulatum and iris are rare.

ERYTHEMA, { *Congestivum*, permanent red condition, due to dropsy.
CHRONICUM { *Squamosum*, or *Pityriasis Rubra Erythematodes*, bran-like scaliness of skin with redness.
[Long Standing redness], {

CAUSE.—A superficial congestion of the skin, associated with desquamation of thin

NOTES ON TREATMENT.*

The simple forms of Erythema require little or no treatment. Sometimes bathing with very hot water, a smear over affected part with the pomade of bismuth, and a saline aperient, being all that is necessary. Erythema that is caused by constant lying is apt to degenerate into bed sores, hence the pressure should be removed by air-cushion, and skin hardened with the ethereal tincture of tannin. Erythema nodosum usually occurring in young girls requires a supporting plan of treatment—tonics, as iron, quinine, and strychnia—bathing legs in hot water and salt, afterwards applying a flannel bandage is necessary. In the squamosum forms of Erythema or *pityriasis rubra erythematodes* nourishing food, aperients, attention to the kidneys, followed by arsenic, is generally required. Smearing the body with olive oil to which some oil of cade or other preparation of tar has been added, and warm alkaline baths are indicated. Dyspeptic and hepatic derangements may give rise to Erythema of face.

*It is intended that the blank spaces can be utilised for writing in additional notes on treatment.

brany scales, often covering entire body, general health below par, or gouty or rheumatic diathesis the cause.

URTICARIA, { *Symptomatica.*
[Nettle rash], { *Chronica.*

CAUSE.—In the symptomatic, acute, or febrile forms gastric irritation is the exciting cause of urticaria. The chronic form due to derangement of stomach, uterus, or liver. Sometimes malaria is at the root of the complaint. According to Dr. MacLagan the chronic forms are due to deficiency of the urea and uric acid in the urine, or what chemists call a want of the products of transformation of tissue, and their retention in the system. All forms usually worse after meals, certain kinds of food, shell-fish, almonds, &c., also drugs, as copaiba, give rise to "nettle rash." In all forms of urticaria we have more or less muscular spasm of the skin, occasioned by irritation of the deeper filaments of the cutaneous nerves, which condition probably tends to cause the formation of wheals, these elevations being due to a circumscribed œdema of a cluster of capillary loops springing from a common stem, and under the influence of a common nervous twig.

HERPES, { *SIMPLEX—Facialis*, on face
[Creeping { and lips.
Tetter], { *Genitalium* on genital
regions.
{ *ZOSTER—Shingles.*

CAUSE.—A chill or irritation of adjoining mucus membranes. Herpes of the lips often seen in pneumonia. Cause of *herpes zoster* is a *neuritis* generally due to exposure to cold or easterly winds, accompanied and followed by neuralgic pains. These pains arise from implication of the sensory nerve fibres. Indeed, the eruption of herpes may attend neuralgia of any superficial nerve. According to Baresprung herpes zoster is a primary affection of the spinal ganglia, the posterior roots being those implicated. *Herpes zoster faciei* exhibits itself by numerous clusters of vesicles on the cheek and side of nose—moreover there is usually accompanying it, conjunctivitis, sometimes ulcer of cornea iritis, fixed pupil, and diplopia. The involvement of the structure of the eye is supposed to depend on inflammation of the ciliary nerves proceeding from nasal nerve.

PEMPHIGUS, { *VULGARIS*, { *Benignus.*
[Water blebs, { *Diutinus.*
also Bladdery { *FOLIACEOUS.*
fever],

CAUSE.—Debility approaching to cachexia.

TREATMENT.

In the acute forms of urticaria, when patient is first seen, feverish and face swollen, an emetic usually ejects the offending matter from stomach, and cuts attack short—afterwards plain simple diet. Saline aperients with colchicum generally completes the cure. Warm baths or wetting the skin usually makes the itching worse. So does railway travelling in chronic cases. To allay the itching the pomade of iodoform may be smeared, as occasion may require, over affected parts. In chronic cases, or when disease may be due to malarial poisoning, large doses of quinine, 8 to 10 grains, give best results—we may attribute a malarial origin to cases of urticaria that are periodic in their nature.

Herpes simplex about face requires little or no treatment. For herpes genitalium, astringents, or lotion of sulphate of zinc, or nitrate of silver, may be required. In recurrent cases circumcision is the best plan. Herpes zoster is a much more troublesome and painful complaint. Only one side of body is usually attacked. When double, and occurring on both sides of thorax, it was formerly considered fatal. Internally, ergot of rye is useful to restore tone of vessels, also quinine, whilst to relieve the neuralgic pains, a hypodermic injection of morphia gives quick relief. Before the vesicles appear paint the reddish parts with ethereal tincture of tannin, and allow scabs to form and fall off naturally. A chamois-leather vest should be worn next the skin—of course regulation of bowels must be attended to.

In an exhausting disease like pemphigus tonics are required from the first, and a supporting plan of treatment all through necessary. Arsenic, with or without iron, generally necessary in relapsing variety. Locally, each bulla to be punctured, but do

Is always a serious disease. Bullæ filled with alkaline serum, becoming finally puriform. Urine is acid. Earthy phosphates usually normal. Sulphates increased. Chloride of sodium diminished. The urea above normal average. More or less fever accompanies complaint. *Pemphigus foliaceus* is rare—begins by a single bulla on front of chest. Scales that subsequently form are like pastry. Odour offensive. Usually a fatal disease.

ECZEMA—Humid tetter or running scald.

Varieties according to seat—

of Head,	<i>Capitis</i> , usually pustular.
„ Face,	<i>Faciei</i> , common in children. Called <i>crustæ lactea</i> .
„ Eyelids,	<i>Palpebrarum</i> , usually erythematous form. Occasionally pustular, and associated with conjunctivitis.
„ Lips,	<i>Labiorum</i> , is scaly and fissured around mouth.
„ Ears,	<i>Aurium</i> , vesiculars and meatus obstructed by swelling.
„ Breast,	<i>Mammæ</i> , occurs during nursing—nipples fissured.
„ Navel,	<i>Umbilici</i> , a form of intertrigo, due to heat and moisture.
„ Genitals	<i>Genitalium</i> , {
„ Penis,	<i>Perinei</i> , {
„ Anus,	<i>Anum</i> , {
„ Thighs,	<i>Cruris</i> , {
„ Hands,	<i>Manuum</i> , fissured form, or eczema rimosum, called grocers' or bakers' itch.
„ Feet,	<i>Pedum</i> , toes as well as feet attacked

ECZEMA—Varieties according to form—

SICCUM,	<i>Erythematodes</i> , the red congested form.
	<i>Papulosum</i> , or <i>lichen simplex</i> , raised pimples or papules.
	<i>Prurigo</i> , same with inveterate itching.
	<i>Squamosum</i> , dry scaly form.
HUMIDUM,	<i>Vesiculare</i> , the weeping form.
	<i>Madidans</i> , the moist red variety
	<i>Rimosum</i> , fissured variety, as on hands.
	<i>Pustulosum</i> , or impetigo, including <i>Sparsa</i> , isolated pustules; <i>Figurata</i> , clusters of small pustules, usually circular; <i>Pilaris</i> , on parts covered by hairs—pustules have a hair in centre.

CAUSE.—The causes may be either *idiopathic*, *sympathic*, or *constitutional*. The last mentioned is the usual one, and according to late Erasmus Wilson, *assimilative debility* of digestive organs is the chief; also *nutritive debility*, *nervous debility*, and *local debility*, as from an injury to part. The

TREATMENT.

not remove cuticle, but smeared with pomade of zinc and camphor used as a dressing. In cases where the disease is very extensive a “perpetual water bath,” as devised by Hebra, is often necessary.

Eczema, so common a skin disease, nevertheless in its various forms, requires different plans of treatment. As a general rule, when in the acute or weeping stage, soothe and allay irritation by very hot stupes, followed by pomade of zinc and camphor, or pomade of litharge, as a dressing: Internally, saline aperients, probably with iron, as the sulphate of iron and magnesia in a bitter infusion, give good results; also careful dieting, avoidance of stimulants and sugar. In chronic cases arsenic often necessary. The ethereal solution of nitrate of silver is a good application as soon as the acute stage is passed; also the various pomades of mercury, especially if the eczema occurs on parts covered by hair. In very chronic cases the ethereal tincture of tar, or ethereal tincture of soft soap are good stimulating applications. When there is a good deal of subcutaneous infiltration the resorcin, mercury, and chrysarobin pomade may be carefully employed. India-rubber bandages for chronic eczema, associated with ulceration on lower extremities, are magical in their results. Tarry applications have always been of use in treatment of chronic infiltrated eczema. When tar is used for any length of time *tar acne* usually occurs, an inflammatory affection at the orifice of hair follicles, or gland ducts. In the centre of each is a black plug of tar. The various preparations of potassa, as the liquor, are occasionally used in the local treatment of eczema. Water aggravates an eczema, and the same remark applies to lotions that are to be constantly applied. For relief of itching, hazeline may be used either pure, or with Lanoline. However, in spite of these the itchings will often prove obstinate, and disappear only in cure of eruption itself. Eczema is usually worse in those persons who eat the same quality and quantity of food all the year round, and who take little exercise in the open air at any time. Recently a new remedy, called Vinolia, has been introduced by Messrs. Roberts & Co., New Bond Street, London, and is a soothing application—also allays itching.

anatomical seat of eczema is the Malpighian layer. In eczema artificially produced in animals, one of the first changes observed is rhythmical contraction of the vessels, followed by permanent stasis—the part becoming opaque—subsequently exhibiting numerous vesicles. Microscopic examination shows serous infiltration and cell proliferation. Eczema has been called a *selective inflammation*. The late Dr. A. B. Buchanan stated that the lesion of eczema is at the commencement a localised macule, *eczema erythematodes*, the macule passes into a papule, *eczema papulatum*, the papule into a vesicle, *eczema vesiculosum*, the vesicle on giving way into an excoriation, *eczema rubrum*, or into a pustule, *eczema impetiginodes*. If the skin becomes infiltrated while the secretion, if there has been any, dries up, lichen proper is produced, and the whole process ends in desquamation, *eczema squamosum*. “Most of these processes may be assumed from the beginning, or they may follow one another with a regularity more or less complete. They represent ideal stages, but at any of these stages the disease may be arrested, and may persist so as to come to express not stages only, but varieties.” Buchanan, in his first variety, includes the disease called erythema-chronicum, an affection usually circumscribed, beginning at a point and slowly extending peripherically, accompanied with symptoms of redness, itching, and slight desquamation. In his *eczema papulatum*, or lichen simplex, we have a chronic, dry, papular eruption, more or less diffuse; when eczema passes this stage into the moist form, it is called *eczema vesiculosum*, and on rupture of the vesicles, *eczema rubrum*, or madidans, being then a purely serous weeping eruption. “The lesion in the one case is a vesicle formed in connection with some local peculiarity in the anatomy of the cutis; in the other it is an excoriation. Finally, an *eczema squamosum* is the last stage of an eczema, whatever its form may have been, and is a desquamation on the surface of an epidermis more or less thickened by infiltration.”

ACNE, [Stone pock, rosy drop],	{	SIMPLEX,	{ <i>Punctata.</i>
		PILARIS.	{ <i>Indurata.</i>
		ROSACEA.	

CAUSE.—Due to retention of sebaceous secretion within the follicle producing a *folliculitis*, accompanied by a sluggish action of the skin, from either constitutional or local debility. In all forms, except acne rosacea, the period of puberty is the time the complaint usually commences. *Acne rosacea* attack the nose. Seen in persons of advanced years—*bons vivants*, &c. Stomach, or liver at fault. Sometimes disease hereditary, often

TREATMENT.

Careful dietary, avoidance of all alcoholic stimulants and hot liquids. Wash in very hot water, with tar and sulphur soap. If part much inflamed and congested steam face, and apply pomade of zinc. In chronic cases stimulation to the sluggish skin is necessary, by means of pomade of sulphur and carbolic acid. Very indolent tubercles to be touched with ethereal tincture of carbolic acid. In acne rosacea the pomade of sulphur, creosote, and white precipitate about the best remedy, or the ethereal tincture of carbolic acid, so as to blister affected skin. When lipomas have occurred, shaving them off with

DERMATITIS—Inflammation of all the
of the skin.

IDIOPATHICA	{	<i>Dermatitis, intertrigo</i> , chaffing of the skin—hacks.
		<i>Dermatitis, calorica—ambustio</i> , (burn); <i>pernio</i> (frost bite).
SYMPTOM- ATICA,	{	<i>Erysipelas (fixum, migrans)</i> , the rose.
		<i>Grangræna (humida, sicca)</i> , mortification.

CAUSE.—Intertrigo is due to sweat or moisture accumulating between folds of the skin in infants and fat people, as about neck, abdomen axillæ and perineum. Pernio or chilblains due to congestion of affected part from exposure to cold, occurring in a person of a languid or feeble circulation, finally suppuration may occur. Erysipelas and gangrene are surgical complaints.

TREATMENT.

Some forms of dermatitis belong more to the domain of surgery than dermatology. Intertrigo is common in infants and fat persons. The treatment is purely local, and consists in keeping the adjoining parts separate by cotton wool, after first smearing affected surfaces with either pomade of bismuth or pomade of zinc. If the attack proves obstinate, pencilling parts with ethereal solution of nitrate of silver is required. Finally, to "harden" the skin, we may paint with ethereal tincture of tannin. The dermatitis due to burns is a surgical affection. Pernio, or chilblains, are painful, although not a serious affection. For unbroken chilblain, the use of Marjolin's liniment is a specific. If the chilblain is "broken," apply nitrate of silver, and dress the part with pomade of zinc and balsam of Peru. Erysipelas requires citrate of iron and quinine, and pencilling part with ethereal tincture of iodine.

DERMATITIS,

CIRCUM- SCRIPTA,	{	<i>Furunculus</i> , boils.
		<i>Paronychia</i> , whitlow.
		<i>Anthrax</i> , carbuncle.
		<i>Tubercle of Aleppo</i> , boils of Aleppo.
		<i>Frambæsia</i> , the yaws. <i>Pustula maligna</i> , malignant boil, and also the Delhi boil.

CAUSE.—Furunculus. Debility, either constitutional or local, often due to prolonged heat and moisture. Other diseases associated with boils, as diabetes for example. Dr. Deunce looks on furuncule as a gangrenous inflammation, the so-called "core" being a dead gland. Anthrax or carbuncle, a more serious complaint of later years, occurring in debilitated constitutions, often associated with gout or kidney disease. Tubercle of Aleppo ends in ulceration, and not usually fatal. Frambæsia, or yaws, is a blood disease met with in West Indies. The blood poison is not known—supposed to be syphilitic, or from bad sanitary arrangements amongst the negroes.

Cellulitis is a purely surgical complaint. Furunculi and carbuncles are met with as well as the more grave complaint, anthrax, in persons whose constitutions are below par. Dr. Reverdin thinks that furuncule about the face are serious, owing to their proneness to be complicated with phlebitis, and facial phlebitis tends to a fatal termination, by its extending to the sinuses of the dura mater, or by becoming the source of purulent infection. In all these cases iron, in some form or other, or combined with chlorate of potass, necessary. Touching the boils with ethereal tincture of carbolic acid, often makes them abort. Incisions are generally necessary, the after dressing being pomade of zinc and Peru.

U L C E R S .

Idiopathic.

Sympathic (varicose).

Constitutional.

Imbedded (in morbid tissue).

CAUSE.—Old definition of an ulcer is a solution of continuity in any of the soft parts of the body, attended with a secretion of pus, or some kind of discharge. The temporary pathological condition of any ulcer may be that known as *healthy*, or *irritable*, or *inflamed*, that is when it is over *granulating*, *suppurating*, *phagedenic*, or *indolent*, as when ulcer is anæmic, infiltrated, or with callous edges. Ulcers, commonly called “sores,” vary greatly both as to size and shape. Some very large; these, if due to “specific” causes, being usually circular or “punched” out in appearance. Ulcers are slow in their progress, common in people who stand much, coming on after the middle period of life. Exposure to cold or damp will predispose to this affection. Warty growths around old standing ulcers, occurring in cicatrices (the warty ulcer of Marjolin), generally degenerates into cancer.

TREATMENT.

The treatment of ulcers is very varied. If much inflamed, use pomade of zinc, over which apply lint, wet with spirit lotion. Painting varicose veins, when they seem to be the cause of the ulceration, with ethereal tincture of tannin, makes the congestion less and veins not so swollen. When the ulcer is very irritable or unhealthy, the pomade of iodoform and boric acid is a suitable dressing, or we may mop out ulcer with the ethereal tincture of carbolic acid, using same to moisten dressing with. An india-rubber bandage for chronic, calloused-edged ulcers is the best plan of treatment. Of course cleanliness is always necessary. For some forms of ulceration the transplantation of pieces of skin by the method of professor Thiersch yields excellent results in the treatment of fresh wounds as well as granulating sores, ulcers of the leg, and similar lesions. The method has been extensively practised in the clinic at Leipsic, and is an improvement on the method first described by Reverdin. After the necessary disinfection of the parts to be operated upon, the granulations, including the edges of the ulcer, are briskly scraped with a sharp spoon to prepare a fresh surface. The hæmorrhage is readily subdued by a dressing of protective silk and a sponge, both moistened with a 0·75 per cent. solution of common salt. As soon as the bleeding has ceased, thin slices of skin cut off by means of a razor, in such a manner as to include a part of the papillæ. The piece thus obtained is spread out over the raw surface of the wound, pretty much in the same way that a microscopical section is extended over the object bearer, and slightly pressed on with a sponge or a spatula. After the surrounding skin has been slightly inuncted with sweet oil, a piece of protective silk, moistened with the normal solution of chloride of sodium, is applied, and a layer of wet cotton wool the thickness of a man's finger; this is covered with silk and dry cotton wool, the whole being firmly surrounded with gauze rollers. The dressing is renewed daily.

NEW FORMATIONS IN THE SKIN.

HOMOLOGOUS, New Formations.

EPIDERMIC. $\left\{ \begin{array}{l} \textit{Callositas} \text{ (Indurations)} \\ \textit{Clavus} \text{ (Corns)} \\ \textit{Ichthyosis} \text{ (Fish skin disease)} \\ \textit{Cornu Cutaneum} \text{ (Horns)} \end{array} \right.$

CAUSE.—Callosities, or indurations, are epidermic, due to thickening of the skin from repeated pressure or friction. The hands of workmen show these pathological conditions. The situation, number, and form of the callosities produced in the different arts and occupations has been given by M. Vernois. (*See De la Main des Ouvriers et des Artisans au point de vue de l'hygiène, et de la médecine légale.* Paris, 1862.)

In Ichthyosis, cellular lining of hair follicles and gland ducts much increased in thickness. The skin is liable to inflammatory attacks of an eczematous character. In simple ichthyosis, or, as now called, xeroderma, skin becomes red, and its thickened cuticle peels off in large lamellæ. Infants especially liable to this; often called "harlequin foetus." As there is an arrest of development of sweat glands, skin always looks dirty.

Clavus, Tylosis, or corns, are produced by hypertrophy of the epidermis, situated on a prominent part of the body, as the joint of a toe, due to pressure and friction. This in time causes absorption of the corium, converting it into a cup-shaped cavity, into which the corn is pressed.

Xanthelasma is an epithelial hypertrophy, of a yellow colour, and laminated appearance, situated about eyelids, often connected with disorders of the liver.

Cutaneous Horns are epidermic growths, having their seat in the lining membranes of a diseased sebaceous follicle, and occupy, according to Dr. Broca, an intermediate position between simple epidermic productions and epithelioma, usually, however, terminating in cutaneous cancer. The horn itself is constituted by proliferation of epidermal cells and sebaceous matter, which becomes firmly united into a concrete mass, eventually assuming a conical form of considerable dimensions.

TREATMENT.

Callosities and corns should be painted with the ethereal tincture of salicylic acid, and all pressure or friction removed from them.

Smearing body with olive oil or pomade of bismuth, and warm alkaline baths, with or without bran. As a general rule, no matter what treatment is adopted, it is only palliative. Jaborandi and antimonial wine have been given internally, but without any permanent results. Packing has been tried locally with varying success.

Painting affected parts with tincture of cantharides or iodine occasionally, of use and arsenic internally.

Excision is the only means of getting rid of cutaneous horns.

PIGMENT- ARY.	{	<i>Simple Pigmentation</i> (staining of the skin)
		<i>Vitiligo</i> (veal skin)
		<i>Nævus Spilus</i> (moles)
		<i>Lentigo</i> (permanent freckle)
		<i>Ephelis</i> (sun freckle)

CAUSE.—All morbid pigmentations of the skin may be due to temporary excess of uromelanoid pigment, or pigment forming substance in the blood; or, again, due to the abnormal attraction of the normal pigment or pigment-forming matter to the skin; the pigmentation of skin, as met with in cases of malarious fever, likewise in Addison's disease, when the pigmentation assumes a bronzed appearance, occurs where the supra-renal capsules are implicated. In the second division, we have *Lentigo*, *Ephelis*, and *Nævi spilus*. Addison's disease commences very gradually; failing health and debility; languor; loss of appetite; feeble pulse; irritability of stomach; progressive emaciation; perhaps vomiting and gastric irritation; indications of disturbed cerebral circulation; a gradual discolouration of skin; most marked about face, neck, arms, circumference of navel; gradually becoming of a dingy or smoky hue. This discolouration now said (contrary to Addison's original views) not to be a necessary element.

DERMIC.	{	<i>Adipose Deposit</i> (lipoma, polysarcia), excessive quantity of fat
		<i>Terruca vulgaris</i> (warts)
		<i>Condyloma</i> , warty excrescences
		<i>Fibroma</i> , polypus of the skin
		<i>Cicatrix</i> (keloid, crab-like tumor)
		<i>Cystoma</i> , encysted tumor or wen
		<i>Pachydermia</i> (elephantiasis Arabum), Barbadoes leg
		<i>Scleroderma</i> (hide bound condition of skin)

CAUSE.—Lipoma occasionally follows as a result in acne rosacea. Polysarcia, or obesity, from hereditary tendency, excessive use of fatty food. Lipoma is a new formation of adipose tissue, in a limited portion of the integument, due to excessive nutrition, in consequence of some local irritation, which causes the rapid production of fatty cells and of lobules around and between which the blood vessels from septa.

TREATMENT.

Paint pigmented places with ethereal tincture of soft soap, or of the benzoin ethereal tincture. Endeavour to keep places covered from the light; hence, when on the face, a rubber mask useful. For freckles, the ephilitic pomade is to be recommended. *Nævus spilus*, if not thought desirable to be excised, can be eradicated by the application of solution of ethylate of sodium. For washing face, distilled water to be used.

For lipomatous growths, removal with the knife best plan of treatment. In condylomata, dusting with calomel. Fibroma, ligature or removed by means of knife. Keloid best left alone, although good results have occurred from pressure with rubber bandage.

Warts are caused by hypertrophied papillæ, each collection being distinct and covered with cuticle. Condylomata are of same nature, but of syphilitic origin, situated around anus. Fibromas, formerly looked on as a variety of molluscum, are small multiple growths, arising in the layers of the corium; in fact, a polypus of the skin. The most important form of cicatrixal growth is that known as *keloid*, which may be true or false, and is a new growth of white fibrous tissue. The thorax, over sternum, favourite seat; commences as a red streak of skin, with a pale red, or whitish lustre, already slightly elevated; in course of time it becomes larger and more marked.

Dermoid cysts are involutions of limited portions of the skin, in the form of pouches. Their interior surface, therefore, gives rise to all or many of the products which have their origin in the skin itself. They contain sudoriferous and sebaceous glands, hair follicles and hairs, sebaceous and fatty matter, epithelium, calcareous salts, and in some rare cases teeth and osseous substances. Cysts most usually found on the scalp.

The causes of pachydermia, or elephantiasis, or Barbadoes leg, is an hypertrophy of the connective tissue, probably of inflammatory origin, the lower extremities and scrotum parts affected. The fluid that is met with in the first or œdematous stage of elephantiasis Arabum has been analysed by Wiedel, and found to contain fibrine, albumen, fat, chloride of sodium, phosphate, and carbonate of lime.

The causes of sclerodermia is diffuse infiltration, with rigidity, over a considerable area of the body, beginning generally on neck or upper extremities, in reddish, dusky patches, or ribbon-like streaks. The skin is inelastic, and adheres to deeper structures. As a result, sensibility diminished. Inside mouth the fauces occasionally show white patches.

In sclerodermia, in which disease the proper function of the skin is seriously implicated, one of the first features of the complaint is the loss of vital warmth, which begins early and goes on increasing until life is extinct, when the internal as well as external parts of the body have been found 10°, 15°, and 20° F. under the standard.

TREATMENT.

Warts can be painted with the ethereal tincture of salicylic acid.

Removal by excisions; tendency to cystic tumors occasionally runs in families.

The treatment of elephantiasis Arabum of lower extremities by ligature of vessels has been of late years frequently adopted. The therapeutic effect of ligature is removal of arterial pressure, which pressure is said prevents the absorption of effused matters, and keeps up swelling. Pressure by a tourniquet on artery has been said to be equally useful; also, pressure by rubber bandages. When elephantiasis affects scrotum, operative interference is necessary.

No treatment as yet satisfactory.

HETEROLOGOUS—New Formations—
or PSEUDOPLOSMATA

LUPUS. { VULGARIS { Exedens
[the Wolf]. { ERYTHEMATOSUS { Non-exedens

CAUSE.—A strumous or tubercular diathesis. There is a deposit of "small round cells, placed irregularly in the substance of the corium, especially round the vessels in the plexuses of the sweat and sebaceous glands. The deposits terminate either in interstitial absorption or in breaking down and ulceration, and leave superficial scars." (Malcolm Morris).

On section the lupus tubercles are seen to be composed of bundles of connective tissue, arranged in concentric lamellæ, and separated by some few embryonic cells. The vessels are sclerosed. In certain points of the tumors embryonic lupus nodules with giant cells are occasionally to be found. Since the work which Leloir published with Vidal in 1882 on the varieties of lupus, he has undertaken a series of researches in order to ascertain if it is really of a tubercular nature. He has been able, by the inoculation of portions of this lupus tissue, to reproduce experimental tuberculosis in series. By numerous histological experiments he has also assured himself of the existence of tubercle bacilli in giant cells situated in the middle of the hair follicles which were not yet sclerosed. In two cases he found a tubercle bacillus in the centre of a lupus follicle, which was almost sclerosed. The sclerosed lupus is therefore an attenuated variety of tegumentary tuberculosis.

Lupus erythematosus generally occurs on face, and is in first stage a seborrhœa congestiva, there being degenerative changes in these glands, their orifices are much dilated, and filled by little plugs of sebum, which give a "nutmeg-grater" feel to finger.

LEPRA. { *Maculosa*
[Leprosy]. { *Tuberculosa*
 { *Anæsthetica*
 { *Exulcerans*

CAUSE.—Supposed to be due to a malaria engendered by peculiar circumstances in soil and climate; the different forms of the disease, according to Wilson, to be due to certain predisposing causes influencing the constitution of the individual, and possibly to race. The disease is chronic, and incurable. Pathologically, there is "development of small-celled nodular growths in the skin, mucous membranes and nerves." Males suffer more than females; called by the Jews, Tsaraath.

TREATMENT.

The treatment of lupus very unsatisfactory. In the ordinary variety, scraping out diseased parts with Volkman's spoon, and afterwards applying nitrate of silver, usual plan. I find painting lupus patches with the ethereal tincture of salicylic acid useful in more ways than one, especially as it develops and brings to notice any little tubercles that are lurking and not easily recognised. Schütz recommends the following as a beneficial treatment:—After removing all diseased portions of the skin by means of the sharp spoon, actual cautery and pyrogallic acid or chloride of zinc; for the first few days compresses of perchloride of mercury in the ordinary strength are applied until the scurfs become loosened and an edge of epithelial tissue appears on the granulation surface. Then the wound is covered with mercurio-carbolized gutta-percha plaster mull, and the whole thickly coated with collodium, care being taken to allow each layer of collodium to dry thoroughly before a fresh one is applied. This dressing is removed after six to twenty-four hours, according to the copiousness of the discharge, and a new one applied as quickly as possible to avoid retraction of the tissues during the changing. Dr. Schütz claims for this dressing the advantages that, in consequence of the compression it exercises, the granulations are prevented from becoming too luxuriant, that undesirable retraction of cicatricial tissue is avoided, and that the formation of an epithelial covering is hastened by the warmth and moisture produced under the gutta-percha plaster. Constitutional treatment consists in nourishing food, maltine, phosphorus, tonics, &c.; in some cases arsenic.

Lupus erythematoses require to be soothed by Startin's paint, in first or congestive stage; then best results from pomade of resorcin, mercury, and chrysarobin, and frictions with soft soap. A rubber mask useful in cold weather.

No remedy known. Iron, arsenic, mercury, have all been tried. Hydrocotyle Asiatica both internally and locally to sores recommended.

NEOPLASMATA—

EPITHELIOMA { and Rodent ulcer
[Skin Cancer]. }

CARCINOMA { *Encephaloid*
[Cancer]. } *Scirrhus*

CAUSE.—One variety of cancer affecting the skin, peculiar to some trades, as chimney sweeps, when scrotum is attacked. Carcinoma a more extensive variety; runs in families, and is a manifestation of some specific blood disease. Cancerous growths abound in cell formation, mother cells being plentiful, also blood vessels. Cells degenerate, forming "cancer juice." Epithelioma often commences on lower lip, as a wart or induration, which at length ulcerates; occasionally caused by smoking a clay pipe.

TREATMENT.

The treatment of all forms of cancer is to support constitution by suitable tonics and food; relieve pain, and operative interference when thought desirable. To relieve fetor, pomade of iodoform and boric acid.



HÆMORRHAGES.

HÆMORRHAGIA.	{ Traumatica Spontanea (<i>epidrosis cruenta</i>), bloody sweat
PURPURA. [Land Scurvy]	{ Traumatica Rheumatica Hæmorrhagica

TREATMENT.

CAUSE.—A morbid condition of the blood and capillary vessels; leading to disintegration of the red corpuscles, with diffusion of their contents.

In *epidrosis cruenta*, or bloody sweat, a very rare disease, there is usually derangement of the catamenia, the bloody sweat appearing as vicarious menstruation. It generally occurs during the night. Hebra once saw a jet of blood, which would correspond to the size of a duct of a sweat gland, flow from back of the hand of a patient. The disease called bloody sweat is a hæmorrhage, not a perspiration.

Purpura hæmorrhagica, often of neurotic origin, according to Axman; the spots at first being called *petechiæ*; when larger, *ribices*, or *ecchymoses*. Sometimes the word *stigmata* is used for minute spots. Colour varies from bright red to violet, as the *petechiæ* gradually fade.

In *purpura hæmorrhagica*, or "land scurvy," spirit of turpentine, ergot of rye and steel, with a good diet, fruit, and fresh vegetables, give best results. The hypodermic injection of ergotine most successful. Citric acid, with or without citrate of iron and quinine, is necessary as a blood tonic. This disease common in Ireland during famine years, 1847-8.

DISEASES OF ACCESSORY ORGANS.

GLANDS.	SEBORRHŒA	<i>Sicca</i> , <i>Pityriasis capitis</i> , dandriff of head
		<i>Oleosa</i> , greasy condition of skin
	MOLLUSCUM	SEBACEUM, glistening tumor, size of a pea
	HYPERIDROSIS	<i>Simplex</i> , excessive sweating
		<i>Partialis</i> { <i>axillarum</i> , of armpits <i>Pedum</i> , of feet
		<i>Maligna</i> , the sweating sickness
	SUDAMINA	eruption caused by sweating of fever

TREATMENT.

CAUSE.—*Seborrhœa sicca*, or *pityriasis capitis*, commonly called “dandriff,” is due to excessive formations of sebaceous matter, which forms these little scales. Often attended with redness and irritation. Runs in families. In sudamina, we have crops of small transparent vesicles, which come out in many diseases attended with sweating. The skin looks as if dotted with small colourless glass beads.

Seborrhœa oleosa, or increased secretion from sebaceous glands, usually occurs on face, especially the nose, and shows itself by either formation of little, yellow, thin crusts, or by an excessive oily state of cuticle. The epithelial cells are loaded with fat, mixed with free granules and cholestrine.

Molluscum is a sebaceous gland in a hypertrophied condition; being similar to a small encysted tumor of the skin, with a little depression in centre, and divided by septa. They are either solitary or numerous; said to be occasionally contagious; occurring chiefly in childhood.

For *seborrhœa sicca*, lotion containing resorcin, followed up by pomade of hydrag. nitrat.; generally successful. For *seborrhœa oleosa*, astringents and friction with tar soap required. Painting parts with ethereal tincture of tannin to be recommended. The general health to be attended to.

For *molluscum*, puncturing each little tubercle and touching cavity with a sharp point of nitrate of silver, is the best radical cure. Arsenic generally required.

HAIR	{	HYPERTRICHOSIS (abnormal growth of hair)
		TRICHIASIS (abnormal direction of hair—felting)
		DEFLUVIUM CAPILLORUM { <i>Alopecia areata</i> , circular baldness <i>Alopecia senilis</i> , baldness of age.
		CANITIES { <i>Idiopathica</i> whitening of hair <i>Senilis</i>

CAUSES—Of abnormal growth of hair, as also abnormal direction of hair, is often due to derangement of the uterine functions; also, to over stimulation of hair follicles, by pulling the fine hair out.

Defluvium capillorum, especially the form known as *alopecia areata*, I believe to be due to a paralytic affection of cutaneous nerves, especially as there is occasionally anæsthesia present in affected parts. The histological change consists at the commencement in an agglomeration of young cells round about, and at the surface of the hair follicles; the sebaceous glands are the seat of similar but very slightly marked lesions; the derma and the rete where they abut on the follicles present the same infiltrations. When the irritative process has ceased atrophic changes set in, producing a definite and total disappearance of the hair follicles and of the sebaceous glands.

Alopecia from age incurable, which results from senile atrophy of the piliferous organs.

NAILS	{	HYPERTROPHIA UNGUIUM (thickening of nails)
		ATROPHIA UNGUIUM (wasting of nails)
		ONYCHIA (inflammation of nails) { <i>Simplex</i> , simple <i>Scrofulosa</i> , scrofulous <i>Eczematodes</i> , eczematous <i>Psoriaformis</i> , <i>Maligna</i> , malignant

CAUSES of Onychia.—An inflammation of the matrix of the nail. May arise from mechanical injury, or from depraved state of constitution. Pain and swelling at root of nail, and about surrounding textures. Exudation of sanious discharge on pressure of nail. Nail gets raised, and finally detached, exposing a foul ulcer.

Hypertrophy of the nails affects their length, breadth, and thickness, and gives them a horn-like appearance.

TREATMENT.

Hypertrichosis may be treated by the various depilatories, also by electricity. As regards the intensity of the current to be employed, it is necessary to use very weak currents for very fine hairs, and those occupying very sensitive regions. The duration of the passage of each current demands great personal experience, and a special study of each patient.

As regards the indications for the treatment of hypertrichosis Brocq thinks that the very fine blond hairs should never be touched unless the patient insists upon it. If the hairs become too markedly visible, we ought to intervene with electrolysis. We should, too, try to dissuade the patients from the destruction of the moustaches, the destruction of which is very painful, and often leaves cicatrices. When there are only large hairs scattered here and there on the chin, there are real advantages to be derived from electrolytic treatment.

In alopecia, local stimulation best plan of treatment. The pomade of balsam of Peru and cantharidine to be used, care being taken not to blister too often with it.

For hypertrophy of the nails, scraping nail with glass, and afterwards painting with ethereal tincture of salicylic acid, may be tried; arsenic internally; or, if a venereal taint be suspected, "Ricord's pills" will be necessary. In onychia, the nitrate of lead dusted over ulceration, gives good results. For in-growing toe nail, removal of pressure of boot. Nails to be ordinarily cut off square, instead of down inner and outer sides. Scraping side of nail very thin, soaking in

TREATMENT.

hot water, and introduction of pellet of cotton wool so as to separate nail from ulcer. Removal of offending half of nail, afterwards dressing with the ethereal tincture of benzoin, or pomade of iodoform.

VESSELS { *Hypertrophia Vascularis*, enlargement of blood vessels
Varix arteriosus, arteries
Varix, veins
Nævus, mother marks

CAUSES.—Nævi are hypertrophies of congenital origin. Some consist of excessive formations of vascular tissue, in limited portions of the skin. They occasionally grow very rapidly after birth. Other forms of nævi consist in hypertrophy of papillæ of the derma, and excessive formation of hair and pigment. When the vascular growth of the skin consists chiefly of enlarged arteries, it is termed *arteriosus*. The superficial lymphatics are occasionally hypertrophied, and constitute the affection known as *varix* of these organs.

Vaccination often successful in nævi, also ligature. Painting with solution of ethylate of sodium, a substance that has great affinity for water, which it must have at expense of tissues, to be highly recommended. Painting varicose veins with ethereal tincture of tannin and rubber bandage useful.



DISEASES DEFINED BY UNIFORM CAUSES.

PARASITIC AFFECTIONS.

VEGETABLE.

TINEA
FAVOSA,
[Honeycomb
ringworm]

{ *Pilaris*, of hairs
 Epidermidis, of skin
 Unguium, of nails

CAUSE.—Due to vegetable growth, the *Achorion Schænleinii*. Usually observed on the scalp, a most obstinate and troublesome disease. Eruption has the form of small, cup-shaped, dry, yellow crusts, hair running through each. Disease has the odour of mice, which animals, as well as cats, are liable to it. Favus ends in permanent baldness.

TINEA TRI-
CHOPHYTINA
[Common
ringworm]

{ *Circinata*, when body is
 affected
 Tonsurans, when head
 Kerion, or scald head
 Sycosis, or beard disease

CAUSE.—Due to the vegetable growth, the *Trichophyton Tonsurans*. There is brittleness of affected hair, and patch is circular in shape, owing to centrifugal growth of fungus. Hairs infiltrated with the spores and mycelium of parasite. All these diseases due to same fungus. Tinea kerion, last or declining stage, when suppuration has taken place. Scalp feels boggy; pus oozes out of enlarged hair follicles when pressed upon. Sycosis is known by inflamed hair follicles on chin and upper lip, accompanied by granulated pustules.

Plica Polonica, a disease of hair met with in Poland and Russia. Due to neglect. Usually exhibits fungus trichophyton tonsurans; hair matted together and loaded with lice.

TREATMENT.

Washing with tar and sulphur soap, poultice to remove crusts; afterwards apply pomade of sulphur, creosote, and white precipitate. But best results are derived from painting scalp with the liniment of croton oil, pus being one of the best parasiticides.

Painting with ethereal tincture of chrysophanic acid or iodine, followed up afterwards with a mercurial pomade like hydrg. nit.; improvement of general health, and arsenic, with iron, if necessary.

TINEA VERSICOLOR—Branny tetter.

CAUSE.—Due to the vegetable growth, the *Microsporon Furfur*, sometimes called liver spots; occurs on chest or abdomen; never on parts exposed to the air. There is more or less desquamation of branny scales, hence old name of pityriasis.

MADURA—The fungus foot of India.

ANIMAL.

SCABIES { *Vulgaris*, common itch
 { *Norvegica*, Norwegian itch

CAUSE.—The animal parasite, the *Acarus Scabiei*, formerly called the *Sarcoptes Hominis*. The female insect is the largest, and burrows to lay her eggs, whilst the male roams over surface of skin. The Norwegian scabies, or itch, not met with in this country, but a much more severe form of disease, probably due to people living so much on fish, combined with dirt.

PHTHIRIASIS { *Capitis*, of head
[Lousiness] { *Corporis*, of body
 { *Pubis*, of pubis

CAUSE.—The animal parasite *Pediculi*. The human body may be attacked by three kinds of lice, as mentioned above: those on head, met with chiefly in children; those on body usually adhere to the garments; those on pubis are larger. All these are oviparous, the eggs being known as *nits*. The young hatched in six or seven days, and in eighteen days capable of reproduction.

MORSUS { *Pulicis*, flea bites
 { *Cimicis*, bug bites.

CAUSE.—From bites of these insects.

DRACONTIASIS.

CAUSE.—Parasite *Filaria Medinensis*, or Guinea-worm. The Guinea-worm has a slender, cylindrical body, sometimes nearly as thick as a crow-quill, and from one to twelve feet in length. Endemic in some parts of Asia and Africa, especially in marshy districts. Individuals returning from these countries occasionally bring this nematode helminth with them. Common seat of the Guinea-worm, in human body, is the subcutaneous areolar tissue of feet and legs.

TREATMENT.

Washing with tar, sulphur, and carbolic soap; pomade of salicylic acid, or red oxide of mercury. Painting with ethereal tincture of iodine, however, gives the best results; remove flannel from next the skin. Generally a course of arsenic necessary.

The following is the plan of treatment adopted at skin hospital, Belfast:—1. Wash thoroughly all the body with black soap and hot water. 2. Stay in a hot bath (sulphuret of potassa bath) for fifteen minutes. 3. Rub all the body, except head, but especially wrists; between fingers, toes, fore-arm, and abdomen with the ointment (pomade of sulphur and carbolic acid) for fifteen minutes, and leave the ointment on all night. Repeat above process for two days, and then dress in clean clothes. In addition to the above, all the wearing clothes, sheets from bed, &c., are to be put into boiling water and ironed, after being washed, with a hot iron.

Cutting hair, washing with vinegar or whisky, to destroy nits; pomade of mercury; or the old-fashioned Staphisagria ointment.

The Guinea-worm, after it protrudes, to be gently rolled round cotton wool, as it daily and gradually emerges from body.

SYPHILODERMATA.

SYPHILODERMATA SECONDARIA.

Secondary Syphilis.

ROSEOLA }
ERYTHEMA } *Syphilitica*

ECZEMA SYPHILITICUM { *Papulosum,*
 lichen
 Papulo-pustu-
 losum

PAPULÆ MUCOSÆ

PSORIASIS SYPHILITICA

ECTHYMA ,,

TUBERCULA SUBCUTANEA

SYPHILODERMATA TERTIARIA.

Tertiary Syphilis.

SYPHILODERMA PUSTULO-CRUSTOSUM

SYPHILODERMA TUBER- { *Serpiginosum*
 CULOSUM *Exulcerans*

ULCERA SYPHILITICA

SYPHILODERMATA HÆREDITARIA.

Hereditary Syphilis.

ERYTHEMA

ROSEOLA { *Papulosum*
ECZEMA { *Rimosum* (fissures)
 Pustulosum (impetigo)

PAPULÆ MUCOSÆ

ULCERA SYPHILITICA

ECTHYMA SYPHILITICUM

PEMPHIGUS INFANTILIS

TREATMENT.

As we have only to do with the cutaneous manifestations of syphilis, I may say that in the secondary stages and for adults, the only preparation of mercury I use is that known as "Ricord's pills," and which rarely fails. The pills consist of the green iodide of mercury, guarded by opium, with or without quinine. For infants, the old hydrargyrum, cum creta, I consider the best remedy. Of course in tertiary and some forms of secondary eruption, iodide of potassium still holds its own, but it should be given in larger doses than usual, to be occasionally increased, as a tolerance of the remedy is produced after a certain time. Locally, the pomades of mercury are what I prescribe, or ethereal tincture of iodine, in certain cases. Improvement of general health and avoidance of alcoholic stimulants in all cases necessary. Change of air is always desirable.

Would need a special work to describe these various complaints, so that they are merely enumerated to make list complete. Any surgical work can be consulted for a description of same.

Hereditary syphilis requires nice discrimination in its treatment. Looking on the affection as due to a "blood poison," iodide of potassium, nourishing food, and small doses of "grey powder," with proper sanitary and hygienic arrangements, are to be chiefly depended on.

ERUPTIVE FEVERS.

RUBEOLA
SCARLATINA
VARICELLA
VARIOLA
TYPHUS
TYPHOID
DENGUE

{ A variable amount of time elapses between reception of poison and setting in of symptoms, called period of incubation. Following table shows this.—

TREATMENT.

Treatment belongs to the domain of the practice of medicine, not to dermatology.

Disease	Period of Incu- bation	Eruption appears	Eruption fades
Measles.....	10 to 14 days	On 4th day of fever	On 7th day of fever
Scarlet Fever	4 to 6 days	On 2nd day of fever	On 5th day of fever
Small-pox.....	12 days	On 2nd day of fever	{ Scabs form on 9th or 10th day of fever, and fall off about 14th



SCROFULODERMATA.

SCROFULA OF THE SKIN.

PRIMARY ACCIDENTS.

ERYTHEMA SCROFULOSUM.

ECZEMA SCROFULOSUM { *Infantile.*
 Lichen scrofulosum
 Impetigo scrofulosum

SEBORRHEA SCROFULOSA

ACNE SCROFULOSA

SCROFULODERMA VERRUCOSUM (warty patches)

LUPUS

DERMATITIS SCROFULOSA { *Pernio*
 Noma
 Adenitis

TREATMENT.

Improved sanitary arrangements; avoidance of cold, bleak places; seaside only in summer. The syrup of the iodide of iron, syrup of the lacto-phosphate of lime, maltine, cream, wheat phosphates, brown bread, farinaceous food, are the chief remedies. The special treatment, taking into consideration the peculiar diathesis present, has already been mentioned under head of the complaint.

SPECIAL CUTANEOUS REMEDIES.

My Cutaneous Remedies are divided into Solids and Liquids. The former are put up in sticks covered with tinfoil, and sufficiently soft to rub over the affected part, merely by removing the paper at one of the ends, in the same way as is done with cosmetic fixing applications for the hair. These applications will be found much cheaper than ointments, keep without becoming rancid, can be carried about, are clean, and can be much more frequently applied to affected part than ointments or lotions, either by gently rubbing one end over diseased place, or, if preferred and considered necessary, smeared over fine muslin or cambric, and applied directly to the place as a bandage. By this plan we can keep it in contact longer.

The basis of all the pomades is highly beneficial and soothing to the skin, easily absorbed. In cold or frosty weather it may be necessary to heat the pomade before spreading it on muslin or linen.

The basis consists of lanoline,* best almond oil, spermaceti, and enough white wax to give consistence. In this, I believe, we have as nearly as possible a perfect material for ointments.

The prevention of rancidity of fats and oils, used in the preparation of ointments, is of immeasurable importance in local cutaneous medicine. It is to be remembered that a cutaneous eruption, by virtue of the inflammatory congestion which exists, is an actively oxidising surface, and ointments containing lard perfectly fresh when applied are apt, by absorption of oxygen, to pass quickly into a state of rancidity. Hence we have not only to regard the impurity of the ointment in itself, but also its tendency, when applied to the inflamed skin, to develop those acids of decomposition which constitute the rancid state. Thus, the same ointment, according to its state of freshness or otherwise, may be a soother, or an irritant of the most mischievous kind, when applied to the skin.

POMADES.

Pomade of Oxide of Zinc and Camphor.—In all inflammatory complaints, acute eczema, intertrigo, chapped hands, lips, &c.

Pomade of Goa Powder or Chrysarobin.—One part to seven. In all forms of ringworm, beard disease, or sycosis, psoriasis, &c.

Pomade of Hydrargyri Nitrat.—Same strength as the dilute citron ointment, and can be used in similar cases.

Pomade of Peruvian Balsam and Cantharides.—For producing mild counter irritation in baldness or falling out of the hair.

*The only Lanoline I use is that to be had from Burroughs, Wellcome & Co., London, and makes even by itself an excellent application for delicate skins.

Pomade of the Hydrargy Nit-Oxidi Rub.—Is half the strength of the usual ointment. Useful in chloasma, parasitic diseases, syphilitic eruptions, &c.

Pomade of Oil of Tar.—A cleanly and agreeable way of using tar, and preferable to tar ointment or tincture. Useful in all chronic and long-standing skin complaints.

Pomade of Litharge, or Pro-Oxide of Lead.—Same strength as Hebra's celebrated diachylon ointment. Prescribed in excessive and offensive perspiration of feet, eczema of hands, scalds, &c.

Pomade of Boracic Acid and Iodoform.—Iodoform, 1 in 8; boracic acid, 1 in 16. Useful in ringworm, also as an antiseptic. Can be used in scaly eczema, itching skin complaints, as prurigo, &c.

Pomade of Sulphur and Carbolic Acid.—Strength—Sulphur, 1 part to 7; carbolic acid, 25 drops to ounce. A useful remedy in all forms of acne, gutta rosacea, scabies, the itch, &c.

Pomade of Bismuth Nitrate.—A soothing application for burns, pemphigus, herpes, and preferred by some to that of zinc.

Pomade of Zinc Oxide and Balsam of Peru.—An excellent remedy for indolent ulcers (no matter from what cause), scrofulous affections, &c.

Pomade of Resorcin, White Precipitate, and Chrysarobin.—For treatment of psoriasis, chronic infiltrated eczema, and lupus erythematoses.

Pomade "Ephilitic."—Made of oxide of zinc, calomel, and white precipitate. For removal of freckles, pigment stains, &c.

Pomade of Salicylic Acid.—2 dr. to ounce for callosities, lupus, &c.

Pomade of Sulphur, Creosote, and White Precipitate.—For use in parasitic diseases and chronic ringworm.

TINCTURES.

The fluid preparations are in the form of ethereal tinctures, to be applied with a soft camel's hair brush, as often as directed. The ether promotes, like chloroform, the absorption of some of the contained active ingredient, whilst, with the gum mastich, a varnish-like film on the skin is produced, which detains the remedy, facilitates its absorption, and makes gentle pressure; moreover, excluding the air from diseased part.

Ethereal Tincture of Salicylic Acid.

"	"	Iodine.
"	"	Benzoin.
"	"	Tannin.
"	"	Tar.
"	"	Soft Soap.

Ethereal Tincture of Carbolic Acid.

„ „ Chrysophanic Acid.

„ „ Opium.

„ „ Cantharides.

„ Solution of Nitrate of Silver.

Agent :—Mr. NICHOLL, Medical Hall, 25 High Street, Belfast.

I have already mentioned “*Vinolia*,” and, as it is a new remedy, beg to say that many surgeons report favourably, after numerous trials made with it in *acne rosacea*. It has been used with noteworthy advantage for lying-in women, sore nipples, gynæcological examinations and treatment, for *urticaria*, chapped hands, redness, freckles, and sunburns, no matter how produced. Its grateful action renders it unsurpassable in piles and *pruritus ani*, herpes, styes, *blepharitis*, *intertrigo*, irritable and abraded ulcers, and prickly heat. Its application to the face in cases of prospective exposure or after shaving is a salutary measure for delicate skins. It agrees with children admirably. *Vinolia* cream is perfectly preservable, nutritive to the skin, and absorbed by it at once, rendering this tissue elastic, smooth, supple, and natural. It is of supreme service in all facial eruptions, which are so often caused and kept up by deleterious cosmetics and hardening soaps. It readily penetrates the outer layer of the skin, is perfectly innocuous, anti-inflammatory, and applicable in all states of the integument. Where there is thickening of the epidermis, and where there are crusts, *Vinolia* fulfils all requirements. It has the agreeable odour of the French rose, and forms a striking contrast to the malodorous, rancid ointments so often seen.

Persons with irritable or inflamed skins should be particular as regards the soap they use. The over-fatted soaps are decidedly the best, or those made with pure olive oil—as Dr. Nichol’s Sanitary Soaps. Of transparent soaps, Mr. Nicholl’s “*Skin Soap*” is to be recommended.



The following are a few selected Formulæ as used at the
Skin Hospital, Belfast:—

STARTIN'S LOTION.

Take of

Calamine Half-an-ounce
Oxide of zinc Two drachms
Glycerine Three drachms
Lime water To eight ounces
Applied with a Camel's Hair Brush mix

LOTION FOR ITCHING.

Take of

Salicylic Acid Half a drachm
Solution of Acetate of
Ammonia One ounce
Laurel Water Half-an-ounce
Water To eight ounces mix
To be sponged over affected part when
required

LOTION FOR DANDRIF.

Take of

Resorcin One drachm
Castor Oil..... Two drachms
Balsam of Peru Five drops
Rectified Spirit..... Four ounces mix
To be applied to scalp at night

APPLICATION FOR BALDNESS.

Take of

Tincture of Capisicum,
Glycerine.....of each, half-
an-ounce mix

To be gently rubbed into skin of head for
two or three days. The head washed with
hot water and soap.

FOR HABITUAL CONSTIPATION.

Take of

Confection of Senna...Two ounces
Cream of TartarHalf-an-ounce
Carbonate of Iron.....Two drachms
Syrup of GingerA sufficient quan-
tity to make a
paste mix
Dose—A teaspoonful at bed time.

FOR ACNE.

Take of

Powdered Sulphur ...Half-an-ounce
Carbolic Acid.....Half a drachm
GlycerineTwo drachms
Spirits of WineSix ounces mix
To be gently rubbed into affected part

DEPILATORY.

Take of

Sulphuret of Barium...Two drachms
Oxide of ZincSix drachms
Mix with enough water to make a paste,
which is smeared on hairy parts, and
washed off in from 5 to 10 minutes with
hot water—hair usually coming away
with it

FOR PEDICULI.

Take of

Oil of TurpentineHalf-an-ounce
Oil of Almonds.....One ounce & a-half
To be rubbed over body daily

FOR OBSTINATE PRURITUS.

Take of

Powdered Borax.....Two drachms
Hydrochlorate of Mor-
phiaTen grains
GlycerineOne ounce
Rose WaterTo eight ounces
mix

Sponge itching part with a little of the lotion

—————

FOR SYPHILITIC AND INDOLENT
SORES.

Take of

Sulphate of Copper...Two grains
Sedative liquor of
Opium.....Two drachms
Rose WaterSix ounces
mix

Paint sores with some of this lotion by
means of a Camel's Hair Brush

—————

LOTION FOR SEBORRHŒA CAPITIS.

Take of

TanninTwelve grains
Spirits of WineSix ounces
Sulphuric Ether.....Two drachms
GlycerineHalf-an-ounce
mix

To be sponged into roots of hair daily

—————

PAINT FOR RINGWORM.

Take of

TanninFifteen grains
Ethereal Tincture of
IodineTwo drachms and
a-half
GlycerineFive drachms
mix

MARJOLIN'S CHILBLAIN LINIMENT.

Take of

Balsam of PeruHalf a drachm
Spirits of Wine.....One ounce & a-half

Dissolve, and add—

Hydrochloric Acid ...Half a drachm
Compound Tincture of
Benzoin.....Half-an-ounce
mix

A little to be rubbed on Chilblain
occasionally

—————

IN PURPURA.

Take of

Extract of ErgotFive grains
GlycerineOne drachm
mix

Twelve drops to be injected hypodermically
twice daily.

—————

TONIC.

Take of

Citrate of Iron and Quinine,
and of Citric Acid,
of each.....Two drachms
Syrup of ToluOne ounce
Tincture of orange
peel.....Three ounces
mix

Dose—A Teaspoonful in a wine-glassful of
water thrice daily

—————

IN HYPERIDROSIS.

Take of

Fluid extract of Jabor-
andi.....Half-an-ounce
SyrupTwo drachms
Compound Tincture of
Cardomamums...Two drachms
mix

Dose—A teaspoonful in half a wine-glassful
of water twice daily

D I E T A R Y .

RULES OF DIET TO BE OBSERVED BY PATIENTS.

BREAKFAST.	Bread and milk, rice, milk or porridge, instead of much tea, coffee, chocolate, or cocoa—with or without eggs, and bread and butter, or a little animal food.
DINNER.	Plain roast or boiled fresh meats—fish or poultry plainly cooked, potatoes, and a few other vegetables, plain boiled rice, arrowroot, sago, or tapioca.
SUPPER.	Tea or cocoa,* milk or gruel, or other farinaceous food, with bread and butter.
BEVERAGES.	Barley water, toast and water, thin gruel, soda, potash, or seltzer water.

N.B.—TO BE AVOIDED—Salt meats, soups, sweets, sugar, acids, fruits, pastry, raw vegetables, and pickles.

No malt liquors, wine or spirits, are to be taken without the sanction of the medical officer.

I am strongly opposed to all alcoholic drinks ; in fact, it is absolutely necessary that those suffering from skin complaints be "total abstainers." If the patient must drink some beverage, let him use the ærated mineral waters, such as those made by the eminent firm of Cantrell & Cochrane, who, by the way, have introduced an ærated citric acid beverage known as "Sparkling Montserrat," which is, moreover, sweetened by *saccharine* in place of sugar, and may be taken with advantage in gouty conditions of the system, with accompanying skin troubles.

GENERAL DIRECTIONS.

Remove flannel from next the skin affected, or line it with soft linen. Wash with warm water, and, as regards the *diseased skin*, not more frequently than cleanliness requires.

Avoid using *soap*, except when expressly ordered, to the affected parts ; substitute to cleanse the *diseased skin*, instead of soap, a paste of gruel, made of bran, oatmeal, linseed meal, arrowroot or starch, and warm water, and rinse off with warm water, or warm milk and water ; employ yolk of egg and warm water to cleanse the scalp.

Dry the skin with soft linen, and smear it lightly with the ointments or liniments, or dress wounds with the same, spread thin, upon lint or linen, and afterwards evenly apply the bandages, should they be required. Bathe the affected parts by means of a sponge or rag, with the lotions or embrocations, or paint them over with a camel hair brush ; but not more frequently than directed by the apothecary.

Rinse the mouth with water, and brush the teeth after taking the medicines, and observe that neither more nor less than the dose ordered is taken.

The medicated soaps, such as tar soap, carbolic acid soap, petroleum soap, sulphur soap, &c., should never be used except under medical direction.

* I have tried a good many kinds of cocoa, and give the preference to "Ceylon Cocoa," to be had at the "Sirocco" Tea Dépôts.

The influence of diet, including alcoholic beverages, in causing and *certainly* aggravating diseases of the skin, especially those of an inflammatory nature, cannot be over estimated. For instance, Dr. Piffard, of New York, in his work on "Therapeutics of the Skin," page 164, remarks, referring to his eczematous patients, that for some time he made three classes, as regards their diet—viz., *Carnivorous*, *Omnivorous*, and *Herbivorous*. "To the first class were assigned, those who were especially fond of meat, eating it three times a day, and consuming with it but a very small proportion of bread and vegetables. In the second class were placed those who expressed no great fondness for meat, but who ate in moderation, together with the usual proportion of vegetables; and, thirdly, those who disliked meat, or ate very little of it, and whose diet was in the main *vegetarian*. An examination of the cases of eczema, in which I made note as to the points above mentioned, reveals the fact that 56 per cent. were *carnivorous*, 40 per cent. *omnivorous*, and 4 per cent. *herbivorous*." Eczema, known by name of "red mange," is often met with in over meat-fed dogs and cats, but you never see it in cattle, sheep, or horses. Animal meat, as testified by Dr. Kingsford ("Perfect Way of Diet"), may directly engender many painful and loathsome diseases. Scrofulous complaints are not benefitted by an animal diet. Even the word scrofula is from *scrofa*, a sow; and pork, in any form, is a very inferior kind of food. Drs. Bannister and Pendleton recommend, in the treatment of scrofulous complaints, a diet of milk, farinacea, and fruit. I know a public institution where the inmates affected with scrofula derived great benefit from a soup containing bran (on account of the cerealine, casein, and phosphates contained in it) and linseed. According to Dr. Decaisne, "Univers Illustre," March 26, 1876, the Trappist Monks, who never use flesh meat or stimulants, are free from all serious diseases. The vegetarian diet consists of the products of the vegetable kingdom, chiefly grain, pulse, fruits, almonds and nuts, with or without the addition of eggs and milk and its products, as cheese and butter, to the exclusion of the flesh of animals (fish, flesh and fowl), and its products, fat, dripping, lard, &c. I extract the following from a pamphlet:—"The teeth of man are quite unlike those of both the carnivora and herbivora, but resemble those of the apes. (See the writings of Professors Owen, Lawrence, Bell, and others). Man has neither the large and complicated stomach and long intestinal canal of the herbivora, nor the simple, bag-like stomach, large liver, and short intestinal canal of the carnivora. These and other anatomical characters clearly indicate his adaptation to a frugivorous diet. He has teeth called canines, but they are altogether unfitted for the same purpose as the true canines of the carnivora. In the apes these teeth are much more developed than in man, and are used for defence and for perforating hard vegetable substances. A vegetarian diet being the natural food of man, and supplying all the necessary materials for building up the human body, it follows that the process of digestion and assimilation are carried on in the most natural manner with the least liability to derangement, and that strong bones, firm muscles, and the most sturdy frames are produced on this diet."

"Flesh meat contains nothing of value which may not be easily obtained from the vegetable kingdom; it is devoid of starch and sugar. On the other hand, from grains, pulse, fruits, and nuts, food can be selected perfectly suited to all climates and conditions of life; whilst some yield a higher percentage of flesh-formers than butchers' meat, others supply in abundance the heat and force producers—starch, sugar, and oil. Vegetable fibrine and animal fibrine, vegetable albumen and animal albumen hardly differ even in form—(Liebig)—and chemical analysis is incapable of detecting any difference.

“Under the most favourable circumstances, the flesh of animals can never be free from impurities. The process of waste and repair is constantly going on in the living system, and there is therefore always present in the tissues and blood-vessels more or less broken-down cell structure, which is on its way to the excretory outlets of the system. If this process be arrested by the death of the animal, this effete matter will remain in the flesh, together with that large proportion of the impure venous blood which is in the capillaries, and hence the meat is more or less loaded with impurity.

“A large proportion of the animals slaughtered for the public market are diseased; which is caused by immature breeding, and putting them into an unnatural condition, in order to fatten and otherwise prepare them for sale. It is an ascertained fact that the class of diseases in infected cattle, known as “parasitic,” of which there are several distinct varieties (trichinosis being a type), may be communicated to man. Besides these, the diseases which are regarded by high authorities as transmissible to man through ingested meat are—(1) cattle plague, (2) swine typhoid, (3) pleuro-pneumonia, (4) foot-and-mouth disease, (5) anthracoid diseases, (6) erysipelas, (7) tubercle.

“Some persons after adopting the vegetarian practice have lost long-standing complaints, such as gout, rheumatism, indigestion, constipation, epilepsy, paralysis, and other dangerous diseases; whilst others have been able to pass a life in comfort by the relief which this diet affords to certain symptoms. Persons practising this diet quickly recover from wounds, accidents, and surgical operations, and a non-flesh diet will cure old-standing ulcers, when other means fail. It is well known that John Howard, the philanthropist, who was a vegetarian, visited with impunity dungeons and other abodes of wretchedness, where fever and malaria were raging.

“Flesh (as it contains from half to three-quarters of its weight of water) is ten to twenty times, at least, more expensive than wheat, oatmeal, and other grains, haricots, lentils, peas, &c., which contain only 14 per cent. of water. Thus a mixed dietary of flesh and vegetables costs per head three or four times more than a vegetable dietary, to which even cheese, butter, and milk are added.

“Children naturally prefer ripe fruits and farinaceous dishes to flesh meats, and thrive best on them, while it is generally agreed that much flesh meat is bad for the young; and were it not for the persuasion and force of example of their parents and elders, they would be still slower in adopting the habit of flesh-eating; and it is impossible to inculcate in the minds of children a love for all animate nature and a fear of giving pain to any creature so long as they are taught that the slaughtering of animals, with the suffering inseparable therefrom, is both necessary and right.

“Those who live on vegetarian diet are, as a class, heavier, harder in muscle capable of greater endurance, and of performing greater feats of strength, than those who live on a mixed diet; as proved by Professor Forbes from experiments on flesh-eating Englishmen, porridge-eating Scotchmen, and potato-and-bread-eating Irishmen, the Scotchmen and Irishmen being superior in height, weight, and strength to the Englishmen. “The Laplanders, living on flesh, are a diminutive race; while the Finns, *who inhabit the same climate*, and live chiefly on the products of the soil, are as fine a race as the Swedes and Norwegians. The difference,” says Dr. Lambe, “must be attributed mainly or entirely to diet.”

“There is everything in the vegetable kingdom that human nature demands, either for pleasure, strength, or appetite. For those who are beginning the vegetarian

system, whose bodies are ill-nourished, who want oleaginous substances, there is olive oil, which is a great nourisher of an impoverished system ; there is milk, butter, cheese and eggs, all substantial relishes to bread and vegetables, either to be cooked with them, or eaten uncooked. Out of these substances soups and stews can be made, far more savoury than if beef or mutton were used ; then come all the cereals, and the best way of using them is to make them into bread and puddings. All vegetables should be used as a relish to bread, and not made a staple dish ; bread should be the staple of the diet, and all else should be used as relishes to it. Oaten bread, and wheaten bread, and bread made of flour and bran are all very wholesome ; wheat and oats ground, and flour, can all be made into savoury fritters and pancakes, which eat well with all sorts of vegetables. Haricot beans boiled very soft, and stewed with butter and onions, make a most substantial dish ; seasoned with pepper and salt, can be eaten either hot or cold. Many persons who make stirabout do not boil it long enough ; common oat-meal should be boiled for half an hour, Carlow meal for one hour, groats an hour and a half ; groats should be steeped over night, they make the nicest sort of stirabout, especially when eaten with cream or new milk. Persons who are subject to flatulency should avoid greasy and sloppy food. It is not the food as a rule that is bad in itself ; flatulency arises from weak digestive organs, and persons so afflicted cannot eat like their stronger neighbours ; such should use oaten and wheaten bread, toast, the best rice boiled in water, and served with new milk, foreign fruits of all kinds, and pure cocoa ; on this class of diet they will not be at all flatulent ; they should be sparing in their use of butter, and only use the very best ; when they use eggs, they should be very lightly boiled and fresh, and they should avoid boiled milk, and anything fried in oil or butter. When they use vegetables they should only use enough of them to make their bread palatable ; on this class of diet they will get rid entirely of their uneasiness. There is a great outcry raised against tea and coffee, but there is no real objection to these beverages. Persons turning vegetarians may use tea and coffee to their morning and evening meal, if they crave these harmless beverages. An herb is not necessarily poisonous because it grows in India or China, and not in Great Britain ; if people buy the best tea, and pure coffee, and avoid what is cheap, nasty, and adulterated, they will find their morning and evening beverage very pleasant ; but to make tea properly, you must not put a spoonful of tea to a quart of water, but one spoonful of tea to one tea-cupful of water will come nearer the mark."

As regards the cereals, Muspratt states that "wheat is most fruitful in nitrogenous matters ; in fact, it is much more so than any of the other cereals. The proportion of nitrogenized matter in barley is much less than in wheat."—*Chemistry*, vol. I.

Prof. Austen Flint, Jun., states :—"Gluten is found in great abundance (10 to 35 Per cent.) in wheat. Its proportion in other grains is insignificant."—*Physiology of Man*, vol. II.

Baron Von Liebig states :—"Wheat and oats stand first in our list of cereals in combining all the elements in the proportions necessary to support animal life."

Von Bibra writes :—"In general, barley contains less nitrogenous matter than wheat. Barley, in respect to its nutritive capacity and assimilability, occupies a much lower position."

Regarding the oat, Muspratt states :—"Those inorganic compounds which are necessary for the production of bone and the other inorganic parts of the animal body

are supplied by the oat;" and A. W. Blyth points out that the "richness of oats in protein compounds is an explanation of its great nutritive powers."

Moreover, no cereal varies so much in its proportion of albuminoids as barley does. The oat appears to contain a uniformly high percentage; wheat varies considerably, but not so much as barley. Von Bibra's experiments are decisive on this point. He states:—"The great variation in the content of nitrogen in wheat and rye is still more noticeable in the case of barley," and further states that none of the cereals contained so small a percentage as some samples of barley he examined.

The superior solubility of the albuminoids of wheat and oats when malted must likewise be taken into account in estimating the comparative value of the cereals. A practical illustration of this fact is to be found in the willingness of dairymen to purchase the refuse grains from malted barley, while they will not accept the refuse grains from malted wheat and oats as a gift. F. S. King & Co. make a capital white (vegetable) soup that is easily prepared, and nutritious.

T A B L E.

Articles of Diet. Weight, 100 lbs.	Contains,		Supplying to the Body.				Ashes.
	Solid Matter. Lb.	Water. Lb.	Flesh-forming Principle. Lb.	Heat-forming Principle. Lb.			
Turnips ...	11'0	89'0	1'0	9'0			1'0
Red beet root ...	11'0	89'0	1'5	8'5			1'0
Carrots ...	13'0	87'0	2'0	10'0			1'0
Potatoes ...	28'0	72'0	2'0	25'0			1'0
Butcher's meat ...	36'6	63'4	21'5	14'3			'8
Bread (stale) ...	76'0	24'0	10'7	64'3			1'0
Peas ...	84'0	16'0	29'0	51'5			3'5
Lentils ...	84'0	16'0	33'0	41'0			3'0
Barley meal ...	84'5	15'5	14'0	68'5			2'0
Wheat meal ...	85'5	14'5	21'0	62'0			2'5
Beans ...	86'0	14'0	31'0	51'5			3'5
Sago ...	88'0	12'0	3'4	84'0			'6
Maize meal ...	90'0	10'0	11'0	77'0			2'0
Oatmeal ...	91'0	9'0	12'0	77'0			2'0
Rice ...	92'4	7'0	8'4	82'0			2'0

ANALYSIS OF WHEAT.

PERCENTAGE OF ASHES.				
Alkaline phosphate	69'32
Phosphate of lime	5'59
„ Magnesia and oxide of iron	23'80
Phosphate of silica	1'40

Phosphate of lime is not merely, as Dr. Bouvier remarks, a substance able to harden bones, but is an active agent in nutrition, and its most valuable indication is materially derived from this property. The syrup of the lacto-phosphate of lime is frequently employed in medicine.

BREAKFASTS AND DINNERS.

To those who find difficulty in providing a table sufficiently varied, the following materials are submitted for selection :—

Oatmeal, rice, hominy, or wheatmeal porridge, in saucers, or kept hot in tureens and served out as wanted; eaten with milk, cream, butter.

Eggs boiled or poached, on buttered toasts, scrambled, or the yokes done into pots with stewed rice, butter, salt, and pepper, the whites kept for salads.

Beetroot boiled tender, served in long, thin, oval slices (cut lengthwise), or cold, with mustard or salad sauce.

Vegetable Marrow cut into steaks, peppered, salted, and fried. Good cold. *Salsify* equally good. *Mushrooms*, fried, stewed, or made into patties or standing pies.

Bread Steaks; slices of bread steeped in a little cream or milk on both sides till all is absorbed without breaking; peppered, salted, dipped in beaten egg, and fried.

Potatoes fried or mashed. Potatoes should never be “mashed with a potato-masher,” nor be “pressed into moulds.” They should be well beaten with a large fork until exceedingly white and light. Or beaten up with egg, and fried as an omelet, with or without much seasoning.

Watercresses, mustard and cress; salads of cold boiled vegetables, as cauliflower. French beans, beet root, &c. Raw ripe tomatoes are excellent with bread and butter.

Omelets of many kinds may be used. Brown gravy or sauce may be served, *i.e.*, flour and butter fried till brown, water and seasoning added; boiled stirring.

Standing Pies (like veal ones), the contents being stewed tapioca, sliced or chopped eggs, or haricots, seasoned with mace, pepper, and salt. To be used cold.

Potted Lentils, whole or smooth. Green peas or haricots, potted; all pots or glasses garnished with cut frills and pars'ley. Rice, sago, hominy, or common flour moulds. Fresh fruit, stewed fruit, marmalade.

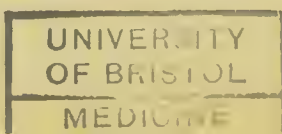
Sweet American Apples, thinly sliced, are an excellent substitute for butter.

Dry Toast, buttered toast, brown bread, white bread (home made). Oatcake made with or without yeast. (Bread, if stale, should not be dipped and put into the oven to be renewed, as is often recommended, but be put dry into a potato-steamer, over a little boiling water, and steamed about ten minutes, or rather longer if a large loaf.)

Beverages.—Coffee, tea, cocoa, milk, water.

MARY HODGSON.

An excellent book on above principles of diet is “Vegetarian Cookery,” by a lady, published by Pitman, London.

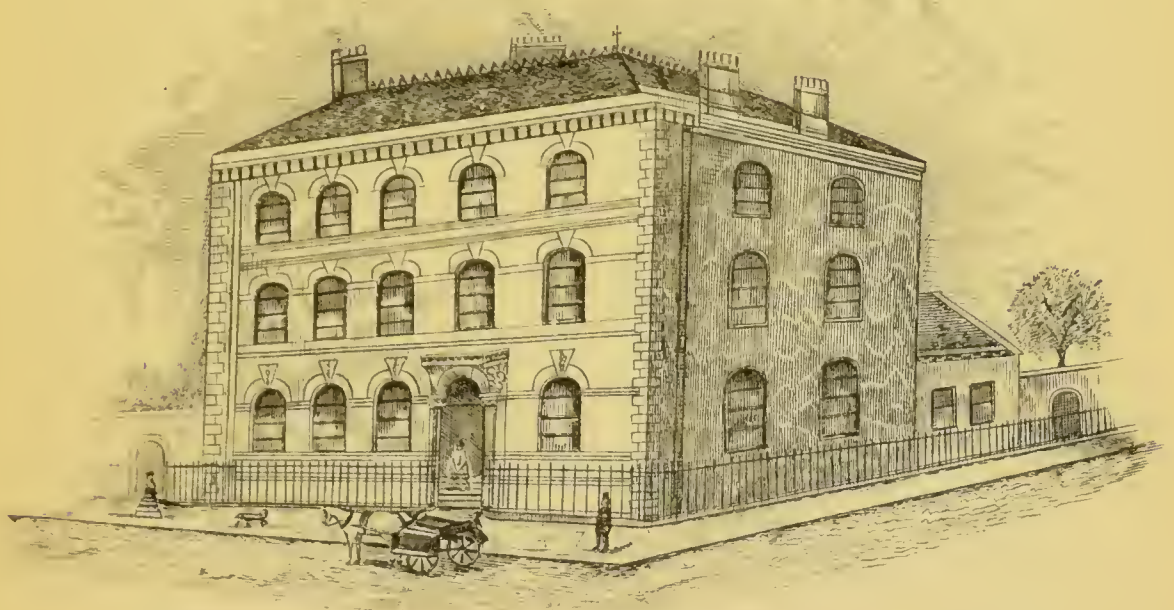


— T H E —

Hospital for Diseases of the Skin

GLENRAVEL STREET, BELFAST.

ESTABLISHED A.D. 1865.



New Hospital and Baths built by Edward Benn, Esq., 1875,

For Medical Treatment and Relief of the Poor afflicted with Chronic Cutaneous Diseases, including those produced by Cancer, Scrofula, Lupus, or other ulcerative malady of the Skin, or from Varicose Veins. Private patients admitted on payment.

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